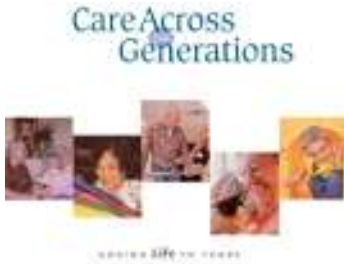


Benedictine Health Center (BHC)			Volunteers Needed: 6
VOLUNTEER POSITION		AGES	WEBSITE
Incredible Exchange Volunteer		13-14-15	www.bhcduluth.org
LOCATION	VOLUNTEER TIME NEEDED:		
Benedictine Health Center (St. Scholastica Campus) 935 Kenwood Ave. Duluth, MN 55811	Mon. 9 am to 5 pm	Fri. 9 am to 5 pm	
	Tues. 9 am to 8 pm	Sat. 1 to 4 pm	
	Wed. 9 am to 5 pm	Sun. 1 to 4 pm	
Thurs. 9 am to 8 pm			
VOLUNTEER ACTIVITIES			
<p>Volunteers may choose to volunteer in a variety of program areas:</p> <ul style="list-style-type: none"> Seniors--playing bingo, painting nails, pushing wheelchairs, baking, and other activities (Days, Eves, Weekends) Pre-school--play with the children (3-5 year olds) outside, read to them, and have fun! (Until 5:30 p.m. M-F) Adult Day Center--play cards and games or visit with the seniors (Until 5:30 p.m. M-F) 			
SCHEDULING AND AVAILABILITY			
<p>Volunteers should plan on working 2-5 hours at a time. Full 8+ hour days get to be too long for most youth volunteers. You may set up a schedule to be a consistent once or twice a week, working around your activity schedule.</p>			
VOLUNTEER QUALIFICATIONS		RESTRICTIONS AND REQUIREMENTS	
<ul style="list-style-type: none"> For all areas, volunteer must be friendly and willing to talk and visit with people of all ages, and help do whatever tasks are needed. Volunteers should be dependable and able to come on the days/times chosen. 		<ul style="list-style-type: none"> There will be a volunteer application to complete on your first day. There is a dress code policy for each area. You will be given that at your orientation. Volunteers should have transportation arranged to get them here and home. No cell phones while volunteering. 	
THINGS TO CONSIDER			
<p>If you are signing up with a friend due to ride sharing needs, you will need to request to work the same hours but please note that some programs/shifts only need one volunteer at a time.</p>			
CONTACT INFORMATION:			
Contact	Mentor(s)	Phone	E-mail
Cheryl Spehar	Cheryl Spehar	218-723-6405 or	cheryl.spehar@bhshealth.org
	Stacie Oakland	218-723-6433	Stacie.oakland@bhshealth.org